

# ... 'another exceptional winner'

Thanks again, one more time ...

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- TRATTORIA ATHENA
- THE UNION STREET BAKERY
- WICKED JOE'S COFFEE
- WILD OATS BAKERY



Food's on the table, the Bowdoin College Longfellows are singing and a capacity crowd enjoys the April 9 Music in April gala to benefit the People Plus Center. For more Music in April pictures, visit "A Little Something Extra," a special Page 13 found only in the monthly online version of the People Plus News at [www.PeoplePlusMaine.org](http://www.PeoplePlusMaine.org).

## MIA 2015 in the books

Preliminary tallies are in and it is obvious that our 13th annual Music in April event on April 9 was another "huge success," according to Executive Director Stacy V. Frizzle.

"What an amazing community celebration," Frizzle said, "a melding of sponsors, restaurateurs, our members, our volunteers, our friends and partners, all coming together for People Plus. She added the event will, "net \$45,000 and change," when all the auction items are picked up and paid for.

The 2015 event was built on partnerships with 24 table sponsors and an exceptional buffet featuring house specialties from two dozen area restaurants. Individual \$50 table tickets sold out at a 225 maximum capacity, and more than 300

items were featured in both live and silent auctions.

Frizzle reported more than \$13,500 raised during the live auction, crediting quality items and the outstanding leadership of auctioneer John Bottero of Thomaston Place Auction Galleries.

Bottero also led a "challenge round" to raise money for food and snacks for the Brunswick Teen Center. That raised \$5,700 from 228 pledges.

"Isn't that amazing," Frizzle said. Another \$1,540 was raised by the in-room raffale.

The Bath-based music trio "Touching Base" received rave reviews as did the Bowdoin College men's capella group, The Longfellows.

Frizzle said next year's Music in April will be at Brunswick's Knights of Columbus Hall on Thursday, April 7. "It's never too early to reserve tickets," she offered with her signature smile.

## Intro to genealogy planned

Are you interested in learning more about your great-great-GREAT grandfather?

Liz Doucett of the Curtis Memorial Library will come to People Plus on Thursday, May 7, at 1 p.m. to show you how to get started on your "own" family history.

This session is designed for those with little or no experience, and will teach the basics of Genealogy.

You will learn the tricks and tactics for starting research, where to go for more detailed information, and how to organize what you discover.

This one-hour session is free and open to the public, but please preregister by calling the Center information desk at 729-0757.

## Campbell joining Spectrum staff at People Plus

Alishia Campbell, a former Maine Department of Health and Human Services case worker, will be joining the Spectrum Generations staff associated with the People Plus Center in Brunswick.

She will assume the aging and disability resource counselor (ADRC) position vacated last month when Craig Patterson returned to

a position in Maine state government.

Campbell holds a degree in mental health and human services, has been a child protective social worker with the state of Maine and has extensive experience in banking, finance and real estate.

"I am excited to join Spectrum as an ADRC," Campbell said, "and looking forward to provid-

ing down-to-earth and professional social work/elder services to my local folks, and getting them the help they need and deserve."

Campbell said she enjoys crafts, cooking, gardening and just being outdoors. She is receiving specialized training from Spectrum Generations, and expects to locate in the Brunswick offices later this month.

### What's new at Brunswick Landing?

## FYI! is 'Touching Base!'

Join us Thursday, May 14, beginning at 1 p.m. as Steven Levesque, executive director of the Midcoast Regional Redevelopment Authority (MRRA), visits the center to report on progress, planning and successes for the former Brunswick Naval Air Station.

When the United States Navy abandoned the old base in 2011, much of the property and many of the assets were transferred to MRRA, and the stage was set for one of the largest economic development initiatives in Maine history. Brunswick Landing, Maine's Center for Innovation, was creat-

ed and the area has already been the site of major new growth.

Levesque plans to offer an overview of property transfers, new business, continued development, and opportunities still in the planning stages. He will also address the economic impact of redevelopment, uses for the old runways, and reuse of former naval housing.

The talk is free and open to the public, but pre-registration is requested as seating space is limited. There will be an opportunity for questions and answers, and refreshments will be provided. Register by calling 729-0757.



**BRUNSWICK TEEN CENTER**  
**SCOOP-A-THON**  
WEDNESDAY, APRIL 29, 11 A.M. TO 11 P.M.



74 Maine St., Brunswick

## People Plus News

The monthly newspaper of People Plus, serving residents of the Brunswick-Topsham-Harpswell area. Editorial submissions and advertising queries should be e-mailed to:

[frank@peopleplusmaine.org](mailto:frank@peopleplusmaine.org)

Questions, comments and written contributions should be sent by the 15th of the month to:

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Check out past newspapers at [www.peopleplusmaine.org](http://www.peopleplusmaine.org)



# Still another record!

April has been a month of setting records for the Center. We've had more people through the doors this April than ever before. Coming close to nearly 2,500 by the time this month is over.

Nearly 400 people received tax services since February! That's a record.

Music in April met its goal of \$45,000 this year! We had about 250 people attend the event (including nearly 30 volunteers), 364 auction items donated and 24 restaurants delivering food; now that's a record!

Jim Howard's very generous \$5,000 Teen Center matching grant was more than matched at Music in April. Our pledge round brought in \$5,700! And that's a record!

Dick and Smokey Morrell's \$5,000 matching grant to support seniors throughout the winter months has also been met within our annual fund campaign, bringing in an additional \$5,000 in new and increased gifts. And that's a record!

We are about \$500 shy of our \$50,000 annual fund campaign goal and it's just the end of April. We have never come close to that sort of philanthropic support before and I'm pleased to say it definitely breaks a record.

We have more events, programs and lectures schedule through the end of this year than ever in the history of People Plus. Which has got to be a record!

And our membership is up around



2,200 people. Including around 90 lifetime members! And I know that's a record!

We are about to honor the people who have donated more than \$1,500 this fiscal year. We have established what's called the Friendship Circle of giving and will invite them to a donor garden party scheduled for June 11. We have more than 30 business and individuals so far. And I'm so thrilled to share that record-breaking number with all of you.

It's taking longer this year to see the tulips and daffodils push their heads up through the ground. I'm not sure it's

## From the Executive Director

STACY V. FRIZZLE



ever been April 24 before the crocus came out. That's got to be a record I never want to see broken again.

So as we look forward to the spring, I'm really pleased to tell all of you that with the support we got from the towns of Brunswick and Harpswell, combined with some very successful fundraising, the United Way support and Spectrum Generations, we are going to break even on our budget. For that I am extremely grateful and proud.

It takes an amazing group of people to run this organization. We're fortunate to have dedicated people to staff it every day, to be volunteers with no pay, to be supporters who keep funding, and to be instructors and presenters and tax accountants who show up every week. We also have a faithful Board of Trustees who help us to meet the needs of the members and keep striving to make People Plus better.

All I can really say is thank you and then thank you again.

So I hope I'll see you down at the center that builds community, and when you come there I might just tell you thank you as well. And you'll have to forgive me if I sound like a broken record.

## Gingery Fish Kabobs

### Ingredients

- 1 cup pineapple juice
- 2 t cornstarch
- 1 Tb low sodium soy sauce
- 1 Tb white vinegar
- 1 garlic cloves, crushed
- 1 1/2 Tbs fresh ginger, minced
- 3/4 pounds raw firm fish, salmon, tuna or halibut, cut in chunks
- Chunks of onions, pineapple, peppers
- Skewers (I use the metal ones so that I don't have to soak them.)

### Directions

1. In a small saucepan, dissolve corn-

- starch in pineapple juice.
- 2. Add soy sauce, vinegar, garlic and ginger.
- 3. Simmer until slightly thickened, about 7 minutes. Let cool.
- 4. Add fish and pineapple to sauce and marinate in the refrigerator for at least 30 minutes.
- 5. Thread fish, pineapple, peppers and onion on skewers.
- 6. Place on a hot grill (or under a broiler) until fish is done. Generally, 6-10 minutes. Turn several times.
- 7. Serve with rice. Heat marinade to boiling and use as a sauce over fish and rice.

list will help you buy only what you need and not wander through the store and buy items that you do not need.

- **Keep meat as the side dish.** By keeping the meat portion of your meal smaller, you can save money. Also, around 8 a.m. each morning, is when the prices are reduced to sell quickly. You can get some good bargains. Just make sure to use or freeze within the next few days.
- **Use frozen vegetables.** Vegetables are flash frozen on the farms and retain their nutrition value.
- **Dine out less.** Dining out can really take a toll on our food costs.
- **Buy spices in bulk.** One of our stores in town has this option for us.
- **Check unit prices.** Just because a

food is less expensive doesn't mean that the unit price is lower:

- **Beans, beans, beans.** Legumes are a great source of protein and fiber and they are inexpensive. They can be purchased in a can and many are low in sodium.
- **Shop the outside of the grocery store.** Many of the convenience items are found when you go up and down the aisles. They are usually not as healthy for you and can be more expensive.
- I hope that these tips will be helpful. I chose this month's recipe because it is an example of the meat portion being more of a side dish, since vegetables are also included when you make the kabobs.

## Tips for saving money on your grocery bill

Let's face it, we all want to save money but what are some ways to do that when it comes to food costs?

Several years ago I went to three stores in the area that sold groceries and made a list of some staples and noted the cost at each store. No store came out as a clear winner. They all had some items that were the lowest in price.

Flyers can help show what may be a better price at a store. Over Easter one store was definitely the winner for the price of asparagus. Here are some more ideas that I hope will help you save money on your next grocery bill.

- **Plan meals.** If you plan to make extra chicken when it is on sale for \$1.99 you can use that chicken for sandwiches, soups or salad. A deli meat can run \$4.99 per pound and higher. If you plan your meals, then you will only have on hand what you need and food will not go to waste.
- **Keep a shopping list.** A shopping



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## Fondly recalled ...



A devastating fire ripped through St. John's Parochial School in Brunswick on May 6, 1943. The next day, inset, all that was left was a ghastly three-story shell. Photos courtesy of Richard Nickerson. Do you have old area pictures to share with readers of People Plus? Please contact Frank Connors, 729-0757, with your comments, contributions or suggestions.

### Lobster Versus Liver

By BOB DOW

I'm not a lover of liver. The thought just makes me quiver. But give me a lobster tail; Wins grins every time without fail.

### The Drive

By P.K. ALLEN

While out for a drive On one late summer day, I came to an old cemetery Down a lonely country way.

I strolled up that hillside To see what was said, On the tombstones and plaques Where people lay dead.

One verse I remember To a man from his wife, Who must have preceded her From this great life.

Brought tears to my eyes And to my lips a great sigh, As she wrote to her lover; "Farewell is not Good-bye."

### Rehearsal Time

By PATTY L. SPARKS

OUT-SIDE the window feathery rinds audition for a summer tour

### Ode to Charlie on his 90th Birthday

By SALLY HARTIKKA

Charlie Payne, you've seen a lot In your 90 years on earth. Here's a list of some of them Just for what it's worth.

The first among them is nuclear power Used both in peace and war: More recently there's development Of a completely driverless car:

Something we simply can't do without Is our big screen TV set, And don't forget the computer age With Facebook and Internet.

Rockets sent our men to space And allowed them a moon stroll. Submarines took them under the sea And went to the North Pole.

Cell phones let people talk at and on; Microwaves cook your food fast. Robots vacuum your floor nice and clean

E'en though the area's vast. Let's not neglect the antibiotics And especially childhood vaccines. Equipment for SRIs, MRIs, ultrasounds And research dealing with



Charlie Payne

genes.

So Charlie, here's to you and longevity; May you live to see many new Inventions and gadgets to help and assist mankind, and especially you. HAPPY BIRTHDAY!

## A Big Brown Dog of the North Woods

By CHARLOTTE HART

My husband, Bob Hart, loved to go fishing for brook trout in northern Maine.

Each spring, he and five fishing buddies would drive to Stratton, then into deep woods of Eustis Township, on into Alder Stream Township. There they would leave Route 27 and drive a mile on an old logging road up Pucker Brush Hill to stay at a fishing camp that, for years, belonged to Bob's sister.

By 2002, Bob's "World War II leg" was encased in an Una Boot. His other leg was weak with claudication. He could no longer wade and tramp in the rocky brooks. His fishing buddies could do that. He would sit beside the brook to fish.

One day, the younger guys wandered downstream. Sitting alone, Bob found his fishing lines tangled and snarled. The

mess got messier. Black flies were fierce. Usually Deep Woods Off and puffs of black cigar smoke kept the black flies at bay. Not that morning! Swatting at black flies and struggling with his fishing lines, Bob was about to lose it.

And then — slowly — a big brown dog ambled out of the woods. The dog settled down beside Bob. Big brown eyes told him everything would be fine. A sense of calm overcame Bob. The lines were soon straight. A cool breeze blew away the black flies. That dog stayed beside Bob that morning by Alder Stream.

He heard his fishing buddies returning. The dog had disappeared. No one but Bob had seen the dog. No one saw any people in the area. Bob's sister had predeceased him. Was that amazing dog a reincarnation?

## Ole Man Henderson

By RUSS KINNE

Ole Man Henderson (all men over 40 were "ole men" to a group of young teens) owned a big vacant lot running from the back of his house up to the next cross-street in town. It was probably 150 yards long, plenty adequate for football, baseball and softball games, which were played regularly and religiously every Saturday morning, and had been for years.

No one ever contacted the others to confirm this; there was no need. It was simply a permanent date, a weekly ritual in our young lives.

So it came as a big shock one Saturday morning to find the many holes in the fence had been "repaired" by nailing boards across the openings. No way this could keep the boys out, and it didn't. Some even groused about how Mr. H had the nerve to board up his own lot with his own fence!

(Young teens sometimes have a weird sense of right and wrong.)

The game went on pretty much as usual, but when the boys left they replaced the boards, kicking the nails in about halfway, so they could be removed more easily next time. That was it, for the moment.

However, one of the lads felt the need for a prank, and he went into Mr. H's back yard one night and pulled up a thick pole, about 7 feet long, that was holding up the clotheslines. He then hung the pole up in a tree, where Mr. H had to see it.

Now this lad — call him Bill — was OK, but seems to have a warped sense of crime-and-punishment, or something. He was also a very good archer, making his own arrows and quivers. Bill lived nearby, knew

when Mr. H usually came home, took his bow and one arrow and hid in some thick bushes about 50 yards from the pole-in-the-tree.

He then waited for Mr. H to appear. He had written a note berating Mr. H for interfering with the boys' games! (Oh, the "logic" of some young lads!)

He tied this note around an arrow, intending to land it at poor old Mr. H's feet. Then he waited. Finally Mr. H put in an appearance, looked at the pole, looked around, then, grunting and sweating, set about getting the 40-pound pole out of the tree. He finally did, and was dragging it away when Bill let the arrow fly.

Afterwards he admitted he hadn't led the man quite enough, and pulled the bow a little too strongly. The arrow went past Mr. H's head, about three feet in from of his face — and he didn't even see it!

Bill nearly died; but then, so did Mr. H.

That night Bill retrieved his arrow, and THAT plan was scrapped, thankfully.

What's that about a "Special Act of Providence" that watches over fools, drunks and small boys? I'm most thankful for it, if it exists.

Eventually, one of the boys found a crew painting of a huge barn a nice deep red color. Long story short, the crew donated a few gallons of paint, and we all turned up early the next Saturday morning and painted the derelict fence for Mr. H, without telling him anything about it. It did look a million percent better, and must have impressed Mr. H, since we had no more complaints about our games after that.

All's well that ends well!

## Memorial Donation

In memory of HERVE J. PELLETIER of Topsham

March 9, 1919 — March 30, 2015

**Lunch & Connections**

# Spaghetti for everyone!

Our Thursday, May 21, Lunch & Connections dinner will feature a generous serving of spaghetti and meatballs.

"Everyone has their own idea of what spaghetti sauce should taste like," chef Frank Connors observed. "Just wait till they get a bite of ours."

He recalled that the Center was once famous for its spaghetti dinners, served once or twice each year to welcome new members.

"We aren't ready to go back there," he added, but it will be a great meal...

The meal will include spaghetti and meatballs, garlic breads and, as usual, surprise favors on everyone's table. Dessert will be an assortment of cookies with a side dish of fruit cocktail and fresh fruit.

Of course there will be a fresh and green, lightly dressed garden salad for everyone, with coffee, herb tea, fruit juices and milk available with each meal.

Remember, pre-registration is required and opens Friday, May 1. We expect to fill up fast, so call your registration in early to avoid disappointment. Cost for one more month is still only \$5 for card-carrying members of People Plus, and only \$7.50 for all others. Yes, there is a hint of a price increase coming for the new fiscal year!

Each of our monthly Lunch & Connections meals are underwritten by a donation from Spectrum Generations. A CHANS Home Health Care professional is always here by 11:30 a.m. to check and record blood pressures, and now, you can have a free hearing check with Mary Martino of Mary's Affordable Hearing Aids beginning at 11 a.m.

Come to the Center early (but PLEASE, not before 11:15 a.m.) Remember to pick up your 50/50 raffle ticket (April's winner took home \$48) and be sure you are registered to win one of our free door prizes. Lunch is at noon.



AARP Tax-Aides served nearly 400 clients during tax sessions on Tuesdays and Thursdays at People Plus this year. Pictured above are, in front from left, Marlene and Sue; in back, Perry, Hollis, Wells and Sam.

**'Aging Well' Lunch and Learn**

## 'Put Your Best Foot Forward' at People Plus

Dr. Hilary Pelletier will be the featured speaker during the "Aging Well" Lunch and Learn program on Monday, May 18, when she presents "Put Your Best Foot Forward."

"The discussion, which begins at noon, will feature a question-and-answer ses-

sion on why feet become more vulnerable as we age, prevention of potential foot problems, and a common issue seen in the feet.

Located in Brunswick, Dr. Pelletier specializes in geriatric podiatry; treating and preventing foot and ankle injury and disease. Bring your lunch, we provide drinks, chips and dessert. Free and open to the public. Registration is required.

Call 729-0757 to register for this and other events.

In addition to the many ongoing programs each month are several special events. Among them:

**The Book Cafe**

Join us on the third Tuesday of every month at 3 p.m. for a cool new book club. Come share what books you've been reading and learn about what others think are good, too. Fiction, nonfiction, mystery or romance, it doesn't matter. Discussion of all types of books is encouraged — the more variety the better the exchange.

This club is for members only of people, but you can join at the door.

**World War II Book Club**

Don't miss our new World War II Book Club meeting the third Wednesday of every month from 3-4:30 p.m. Join Norman Schroder as he facilitates discussion of "The American Experience in World War II." It's not to be missed! For members only, please.

**World Affairs Club is back**

The World Affairs Conversation Series resumes on Friday, May 8. Ed Knox will moderate our program.

Ed has lived and worked professionally in the Middle East and taught Middle East history. This program will meet in the activity room at People Plus on most Fridays from 11 a.m. until 12:30 p.m. (check the online calendar).

Visit the group's website, <http://worldaffairsconversation.weebly.com>, to see materials gathered by the

### Mah-Jongg looking for recruits

If you have an interest in mental games, you need to check out Mah-Jongg at People Plus. A loyal and enthusiastic group of Mah-Jongg gamers play at the Center each week, and they are seeking new membership.

Mah-jongg is an Asian tile game of strategy and mystery. Gamers call it exciting, and a great way to meet new people. Games are played Monday, Wednesday and Friday at the Center, beginning at 9 a.m. and continuing till noon. Mondays are often reserved to train new players.

You can register by calling the People Plus information desk at 729-0757 or you can come and watch a session or two. If you think you are curious or interested. Games are free and open to the public.

group, suggested readings and research, and past topics.

**Easy Riders ride again**

Easy Riders, the People Plus biking club, is back for the spring. Interested riders should meet in the People Plus parking lot before 9 a.m., Wednesday, May 16, to join other members for a local ride that should last about an hour.

Coordinated by members Libby Hyatt and Richard Giustra, rides will be planned for every Wednesday through the early fall. This club is free and for members only, please. (Remember, it's still easy to join at the door!)

**"For the Birds" — make your own birdhouse**

Help make a batch of bird houses with Frank and Grant Connors on Monday, May 18, at 3 p.m., in the café. Take home your own plans and fact sheet.

Activity is limited to 12 people. There will be a \$5 material fee.

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Anthony B. Purinton • Funeral Director

### All processes take time

In the time it takes you to read this ad, you will breath in and out approximately 50 times, your heart will beat hundreds of times, your body will create tens of thousands of new cells and break down an equal or greater number of cells that are at their end stage of usefulness for health.

On the same token, your nervous system is evaluating your environment to maintain and regulate your temperature, maintain your posture, read and understand the content of this article and creating short-term and long-term ideas that will become a critical part of your world view.

Think that is amazing? Consider this, every second of your life, your nervous system processes, organizes, reacts and adapts to 300 million or more different pieces of information and does so with amazing success.

As fast as the nervous system processes and adapts to our external environment and the speed at which it is capable of regulating our internal environment, it is easy to forget that the current state of our adaptability started approximately 9 months before we are born and it has been getting better and/or worse consistently every moment of every day you have been in existence! Your nervous system is literally an ever learning fluid entity that creates and recreates its function minute to minute but as a whole throughout a lifetime.

True health and a highly functioning nervous system is the sum total of all your decisions, actions, attitudes, ideas, habits and lifestyle choices.

**Dr. Jeffrey S. Stocum**

es from the moment you were conceived. When you cannot change your history, you can change your future. You can become more conscious and have complete control over the aspects of your life that most affect your health.

A short list of the critical components include, but are not limited to, becoming more selective of your environment (internal and external), your body (your daily habits of exercise, posture and flexibility), your diet (when, what and how much you eat), and your thoughts (stay positive and choose hope, love and gratitude).




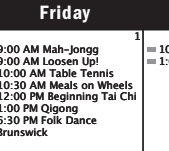
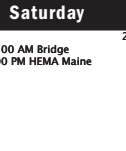

As a chiropractor I cannot tell you how important conscious lifestyle choices are when it comes to living to our full potential! The people I see daily in my office have made a conscious choice to become healthy, to get stronger, to honor their physical body, to free their nervous system from stress, and live each day as the first day of the rest of their lives, an amazingly powerful position that leads to celebration and freedom.

The choice to honor the relationship of our spinal health to our total health allows chiropractic consumers the opportunity to thrive in a world where most only survive.

You have TIME. Use it wisely.

Dr. Jeffrey S. Stocum

# MAY 2015 at PEOPLE PLUS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					
9:00 AM Mah-Jongg 9:00 AM Loosen Up! 9:00 AM Crafters 10:00 AM Zumba 10:00 AM Apple Club 11:00 AM Table Tennis 12:00 PM Bridge 6:00 PM Belly dancing	8:30 AM Table Tennis 9:00 AM SG Bridge 10:00 AM Art I 1:00 PM Quilting Club	8:45 AM Inter. Cribbage 9:00 AM Mah-Jongg 9:00 AM Bike Club 9:00 AM Loosen Up! 10:00 AM Table Tennis 10:00 AM Meals on Wheels 12:30 PM Advanced Tai Chi 1:00 PM Writer's Group	8:30 AM WOMEN'S BREAKFAST 9:00 AM SG Bridge 9:00 AM Table Tennis 10:00 AM Art II 1:00 PM Intro to Genealogy 6:00 PM Beg. line dancing 7:15 PM Adv. line dancing	9:00 AM Loosen Up! 9:00 AM Mah-Jongg 10:00 AM Table Tennis 10:30 AM Meals on Wheels 11:00 AM World Affairs talk 12:00 PM Beginning Tai Chi 1:00 PM Qigong 6:30 PM Folk Dance Brunswick	10:00 AM Bridge 1:00 PM HEMA Maine
9:00 AM Crafters 9:00 AM Loosen Up! 9:00 AM Mah-Jongg 10:00 AM Zumba 11:00 AM Table Tennis 12:00 PM Bridge 6:00 PM Belly dancing	8:30 AM Table Tennis 9:00 AM SG Bridge 10:00 AM Art I 11:30 AM LUNCH OUT 3:00 PM German Club 4:30 PM TCAC meeting	8:45 AM Inter. Cribbage 9:00 AM Bike Club 9:00 AM Loosen Up! 9:00 AM Mah-Jongg 10:00 AM Table Tennis 10:00 AM Meals on Wheels 12:30 PM Advanced Tai Chi 1:00 PM Writer's Group	8:00 AM MEN'S BREAKFAST 9:00 AM Table Tennis 9:00 AM SG Bridge 10:00 AM Art II 1:00 PM PVI Touching Base 6:00 PM Beg. line dancing 7:15 PM Adv. line dancing	9:00 AM Mah-Jongg 9:00 AM Loosen Up! 10:00 AM Table Tennis 10:30 AM Meals on Wheels 11:00 AM World Affairs talk 12:00 PM Beginning Tai Chi 1:00 PM Qigong 6:30 PM Folk Dance Brunswick	10:00 AM Bridge 1:00 PM HEMA Maine
9:00 AM Loosen Up! 9:00 AM Mah-Jongg 9:00 AM Crafters 10:00 AM Zumba 12:00 PM Bridge 12:00 PM Lunch and Learn: Best Foot Forward 3:00 PM For the Birds 6:30 PM Civil War Book Club	8:30 AM Table Tennis 9:00 AM SG Bridge 10:00 AM Art I 1:00 PM Quilting Club 3:00 PM The Book Café	8:45 AM Inter. Cribbage 9:00 AM Bike Club 9:00 AM Loosen Up! 9:00 AM Mah-Jongg 10:00 AM Meals on Wheels 10:00 AM Table Tennis 12:30 PM Advanced Tai Chi 1:00 PM Writer's Group 3:00 PM WWII Book Club	9:00 AM SG Bridge 10:00 AM Art II 11:00 AM Hearing clinic 11:30 AM BP Clinic 12:00 PM LUNCH & CONNECTIONS 6:00 PM Beg. line dancing 7:15 PM Adv. line dancing	9:00 AM Mah-Jongg 9:00 AM Loosen Up! 10:00 AM Table Tennis 10:30 AM Meals on Wheels 11:00 AM World Affairs talk 12:00 PM Beginning Tai Chi 1:00 PM Qigong 6:30 PM Folk Dance Brunswick	10:00 AM Bridge 1:00 PM HEMA Maine
<b>25</b> <b>MEMORIAL DAY</b> THE CENTER IS CLOSED.	8:30 AM Table Tennis 9:00 AM SG Bridge 10:00 AM Art I 2:30 PM Café en Français	8:45 AM Inter. Cribbage 9:00 AM Bike Club 9:00 AM Loosen Up! 9:00 AM Mah-Jongg 10:00 AM Meals on Wheels 10:00 AM Table Tennis 12:30 PM Advanced Tai Chi 1:00 PM Writer's Group 5:00 PM Girl Scouts	9:00 AM SG Bridge 9:00 AM Table Tennis 10:00 AM Art II 6:00 PM Beg. line dancing 7:15 PM Adv. line dancing	9:00 AM Loosen Up! 9:00 AM Mah-Jongg 10:00 AM Table Tennis 10:30 AM Meals on Wheels 11:00 AM World Affairs talk 12:00 PM Beginning Tai Chi 1:00 PM Qigong 6:30 PM Folk Dance Brunswick	10:00 AM Bridge 1:00 PM HEMA Maine

**Teen Center**  
 Monday-Thursday  
 2:30-5:30 PM

## Chorus to perform 'Simply Sondheim'

The nearly 70-voice Greater Freeport Community Chorus will perform works by American composer and lyricist Stephen Sondheim for its spring concerts May 2 and 3 in Freeport and Brunswick.

Concert highlights will include medleys from "Into the Woods" and "West Side Story." The audience also will enjoy several solos and duets.

"Simply Sondheim," accompanied by pianist Kellie Moody, is scheduled for 7:30 p.m. Saturday, May 2, at Merriconeag Waldorf School, 57 Desert Road, Freeport, and 2:30 p.m. Sunday, May 3, at the Unitarian Universalist Church, 1 Middle St., Brunswick.

Admission is \$10, under 18 free, and \$25 per-family maximum. For more information, visit [www.gfcsings.org](http://www.gfcsings.org).

## The value of using blogs for sharing genealogy and family stories

The May meeting of the Pejepscot Genealogical Society (PGS) will be held in the Morrill Meeting Room of the Curtis Memorial Library, Brunswick, on Sunday, May 3, at 2 p.m.

We will be joined by Craig Stulinski, an experienced educator and writer as well as an avid genealogist. Craig will be discussing how easy it is to share your family history writing online by using a free publishing tool. The presentation will also show how you can create your own family history page on Facebook.

The interactive element of blog posting adds a dynamic element that standard books and regular websites do not offer—the ability for readers to collaborate with the author by offering comments, questions and stories appended to any blog post.

Craig has taught many years as a math educator, including his current

work as an adjunct instructor at Southern Maine Community College, and he has mentored teachers as an instructional coach. Researching and writing family histories have been Craig's passions since 2007. In October 2009, he created his first blog called August Legacy, which he dedicated to his maternal grandfather, Auguste "Gus" Albert.

From the gratifying experience of recording, writing and sharing his own family history over several years, Craig has now formed Sharing Legacies to help other families have their stories told and preserved for generations to come. Join us to hear Craig discuss how to share your family's history online.

Everyone is invited to join the group beginning with a brief social period

before and after the speaker. A business meeting will follow.

For information contact program coordinator Brian Bouchard at 729-4098.

### PEOPLE PLUS CENTER IN THE MEDIA

- **RADIO 9 WCME**  
 Hear a staff member discuss the center on WCME each Monday at 8:35 a.m. on AM 900 or [radio9wcme.com](http://radio9wcme.com).
- **THE TIMES RECORD**  
 Check out the People Plus Page the fourth Monday of every month in The Times Record. See the People Plus Pic of the Week on Fridays.

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**Spring cleaning**  
Margaret Marchand, our resident gardener, prims and cleans a delicate collection of spring flowers under the People Plus sign.



## Spring foray

Thursday Hiker's bikers enjoy a cold spring ride on the Kennebec Rail Trail connecting Gardiner to Augusta on April 16.

DAVID SELLECK PHOTOS




Mid Coast Senior Health Center  
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## The Serenade

By PATTY L. SPARKS

Tis "somewhere" so distant  
ever so small

Piercing the "stillness"  
with it's ancient call

Feathered breasts "softly"  
rise and fall

As the white-throated  
Sparrow "beckons"  
to all.

## Lunch Out!

May 12,  
at 11:30 a.m.

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# Early season surf



Thursday Hikers enjoy Prout's Neck on April 23. The early season hike is a club favorite.

DAVID SELLECK PHOTOS



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Primary Stroke Center



## Don't Miss the 42nd Annual ...

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# Teen of the Month 'Most Improvement' Va'a Pele

### Senior Intermediate Cribbage

- April 1:** Tim Owen, 720; Rob Mehlhorn and Gerry LaRoche, (tie) 711; Robert Frost, 710.
- April 8:** Joe Tonely, 726 (perfect score!); Tim Owens, 720; Lorraine LaRoche, 716; Lois Fournier, 706.
- April 15:** Colleen Petrin, 714; Mike Linkovich, 713; Tim Owen and Harry Higgins (tie), 711.
- April 22:** Robert Frost, 715; Tim Owens, 706; Leah Nelson, 701; Bob Froehring and Mike Linkovich, (tie) 693.

### Monday-Saturday Bridge

- March 21:** Gladys Totten, 5,490; Bob Cressey, 4,360; Martha Cushing, 4,090.
- March 23:** Paul Betit, 4,740; Fran Lee, 4,210; Bill Washington, 4,160.
- March 28:** David Bracy, 5,070; Bob Cressey, 4,480; Fran Lee, 4,420.
- March 30:** Fran Lee, 4,550; Gladys Totten, 4,560; Bill Buermeyer, 4,320; Lorraine LaRoche, 3,620.
- April 4:** Bill Washington, 4,460; Sherry Watson, 3,700; Martha Cushing, 3,550.
- April 6:** Joyce Lyons, 4,660; Fran Lee, 4,190; Tom Alley, 3,910; Lorraine LaRoche, 3,630.
- April 11:** Donna Burch, 4,060; Martha Cushing, 4,000; John Rich, 3,960.
- April 13:** Sherry Watson, 5,190; Bill Buermeyer, 4,040; David Bracy, 3,870.

Va'a Pele (name is Somo) is a Brunswick seventh-grader. Va'a has been attending the Teen Center since he moved to Brunswick two summers ago.

Va'a says he likes coming to the Teen Center "because I can be myself here and I have met most of my friends through the Teen Center program so I already knew kids when I started school here."

He is one of our every open day attendees! His favorite thing to do while at the Teen center is definitely "play video games."

Va'a has a great smile and he worked really hard for more than a month now to earn Teen of the Month. I am really proud of his efforts! Va'a chose two tickets to Regal Cinemas for his prize.

(I was begged to add this, so: Va'a has adopted another teen, Anthony, as his Teen Center "son." Va'a is older by 5 months.)

Silly boys, but, I have to add it is pretty telling to watch the modeling — or imitating? — of parent/teen interactions between them.



### Improvement by Rudi

Gerry St. Dennis, center, metal fab/welding instructor at Regional Ten Technical High School in Brunswick, and student Rocky Nappi, right, put finishing touches on a chair storage rack. Engineered by Rudi Smith, left, and constructed at the technical school, the rack, which can hold up to 90 folded chairs, will allow more compact storage of equipment at the Center.

### 'Windowdressers' returning


It's never too early to start planning for your energy savings in the "next" heating season.

"Windowdressers," a neighbor-helping-neighbor, volunteer-driven nonprofit, is a local manufacturer of custom insulating window inserts. Last season, dozens of Brunswick homes, and your Center at People Plus, saved energy by manufacturing and inserting these clear panels.

Inserts typically cost less than \$260 for an entire building, with an average cost of about \$21 per window. Heating costs may be cut by 25 percent with use of these see-through, drum tight polyolefin film panels.

The second annual Brunswick build is scheduled for Sept. 28-Oct. 2 at St. Paul's Episcopal Church. To sign up call 696-3073 or check e-mail at [info.windowdressers@gmail.com](mailto:info.windowdressers@gmail.com).

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**'Where you have been and where you are going'**

Dear editor,  
As always, I enjoyed your Speaking Frankly column this month.  
Since I am also an admirer of winter and someone who could actually USE another month of March, the season's last cold adventures tickled me, especially And yes, shoveling IS a nice exercise, so clean, so crisp; and yes, you can see where you have been and where you are going.  
My shoveled dog paths are still a foot



— Betsy S.

*In Others' Words...*

**Do you have comments, notes or clarifications to share with People Plus members? Address them to the Editor, People Plus News, 35 Union St., Brunswick, ME 04011.**

deep, so I can always pretend I'm shoveling to help the sled dogs get the medicine to Nome....  
Happy spring, everyone.


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May 2015

## Marci's Medicare Answers

*We have a rapidly aging population, and a Medicare program that has become increasingly complex. Now more than ever, people need answers to their questions about health care benefits, rights and options. Through Marci's Medicare Answers—a free, nationally syndicated column from The Medicare Rights Center—we're working to provide accurate, timely and helpful information on Medicare. Each month we will include on our website a Marci's Medicare Answers section. Hope you find this helpful and interesting.*

Dear Marci,

My doctor told me that he is now an opt-out doctor. What is an opt-out doctor?

—Shelley

Dear Shelley,

An opt-out doctor is a doctor who has formally opted out of the Medicare program. Opt-out doctors do not submit any medical claims to Medicare and are not subject to the Medicare law that limits the amount they may charge patients with Medicare. In other words, opt-out doctors can charge whatever they want for health care services they provide to patients with Medicare.

If you have Original Medicare, the traditional Medicare program administered directly through the federal government, it's generally best to avoid seeing opt-out doctors. When you see a doctor who has opted out of Medicare, you are responsible for the entire cost of your care. Medicare will not pay for care you receive from an opt-out doctor. While there may be a few exceptions in the case of emergencies, you are generally responsible for the full cost of the care you receive from opt-out doctors. If you have Original Medicare, you should try to see a doctor who accepts Medicare and takes assignment to get your care at the lowest cost. Health care providers who take assignment to accept the Medicare-approved amount for health care services as full payment.

If you have Original Medicare and you see an opt-out doctor, keep in mind that the doctor should have you sign a private contract that states that you understand you are responsible for the full cost of services you receive. If the opt-out doctor does not give you this contract before providing you with care, you are not responsible for paying for that care. Also, keep in mind that psychiatrists have been more likely to opt out of Medicare in recent years, compared to other doctors. Be sure to ask your doctor if he/she accepts Medicare, before you begin to receive health care services.

If you have a Medicare Advantage plan, also known as a Medicare private health plan, you will most likely need to get health care services from in-network doctors. Contact your plan directly to learn more about which types of doctors you can see for covered care.

Before you see any type of doctor, ask your doctor what types of insurances he/she accepts so you can get a sense of whether the health care services you receive will be covered.

—Marci

*Marci's Medicare Answers is a service of the Medicare Rights Center ([www.medicarights.org](http://www.medicarights.org)), the nation's largest independent source of information and assistance for people with Medicare. This information is republished with permission from the Medicare Rights Center. For more info visit [www.medicarights.org](http://www.medicarights.org).*



Each May, the Administration for Community Living celebrates Older Americans Month to recognize older Americans for their contributions to the nation. This year's theme is "Get into the Act" to focus on how older adults are taking charge of their health, getting engaged in their communities, and making a positive impact on the lives of others.

Whether it be socialization, life-long learning, wellness classes or volunteerism, we invite you to "Get into the Act". The possibilities are endless at Spectrum Generations and People Plus! Visit [www.spectrumgenerations.org](http://www.spectrumgenerations.org) for more information.

### 6 Health Benefits Of Being Social

Going out to lunch with a friend, seeing a movie with your spouse or babysitting the grandkids aren't just fun activities you do everyday. They're also essential for your health, according to scientific research. Here's six reasons why keeping your social life humming may do the same for your brain and well-being.

**1. Add Years to Your Life:** Being social really may be able to influence how long you live. In fact, loneliness and isolation can have a bigger impact on your lifespan than obesity. A recent study found that people who had fewer social connections had a 50% higher risk of dying within the seven-year follow-up period.

**2. Reduce the Risk of Stroke:** Research has shown that spending time with friends lowers your blood pressure and reduces inflammation in your body, which in turn can decrease the probability of stroke or other brain damage.

**3. Boost Your Immune System:** A Carnegie Mellon University study found that being more social upped your resistance to colds and flu, while being isolated was a major risk factor in getting sick.

**4. Encourage Good Habits:** Having relationships with people whom we are important can lower stress and the tendency to depression. And, so as long as our friends have healthy habits, it also decreases the tendency to unhealthy habits such as smoking and drinking. When we know we matter, it's somehow easier to make the right choices for our own well-being.

**5. Lower or Delay Your Risk of Memory Loss or Alzheimer's Disease:** Any social activity that engages your brain and keeps it active is good for you. But interacting with friends that are younger than you are may be especially therapeutic. And as if you needed another reason to babysit the grandkids, research has shown that women who spend one day a week caring for their grandkids may have a lower risk of getting Alzheimer's.

**6. Relieve Pain:** Research shows that something as simple as holding hands with someone you care about can lower pain perception, as well as lower blood pressure. So whether you hold hands, give someone a hug, or get a massage, it can help reduce pain and help you feel better.

To view the full article, please visit: [www.nextavenue.org](http://www.nextavenue.org)

PROUD TO PARTNER WITH PEOPLE PLUS

# Circling 'the Bay'

**EDIT NOTE:** During the summer months we'll feature car-based trips to areas that make our region special. We hope you'll jump in a car and tour with a spouse, or friend. You'll come away with a finer appreciation of what Mid-coast Maine is all about.

By FRANK CONNORS

"Quavacook" is what the Abenaki called our Merrymeeting Bay. Whatever name you may have for it, "the bay" remains the single most unique, unspoiled natural sites in our region, and if you want to see it, now is a great time of year, and the route really is simple.

Let's call it the Merrymeeting circle, 45 miles of open vista, farmlands old houses, country roads ... perhaps a deer or two if you're paying attention. The route takes you through Brunswick, West Bath, Bath, Woolwich, Dresden, Richmond, Bowdoinham and Topsham. You will cross seven rivers: the New Meadows, the mighty Kennebec (twice), the Eastern, A b a g a d a s s e t t, Cathance, Muddy and the Androscoggin. Get on anywhere, get off whenever, take little side trips, or enjoy private spots. The drive can take an hour or an afternoon.

## SIDE TRIP

We start in Brunswick, headed East to Bath. On divided Route 1, first notice the Androscoggin on your left. The bike path flanking the river is a great exercise if you can. (Access is off Brunswick's Water Street.)

Ospreys fish this piece of broad, shallow water all summer, and eagles are a common sight. Cross West Bath's New Meadows looking for nesting ospreys or fish hawks.

At Bath, you cross the Kennebec on the soaring Sagadahoc Bridge. The historic shipbuilders' city is beside and below you, filled with quaint shops, good eats and wonderful vistas. Bath Iron Works is downriver, to your right. Notice the amazing destroyer Zumwalt being fitted at dockside.

Cross the river to Woolwich where you'll find a couple antiques shops, gas and ice cream if you want.

At the bottom of the hill, turn left on Route 127.

About two miles up 127, turn left on Route 128 and you are on the fringes of Day's Ferry, a delightful, river-side village filled with old houses, great views and quick turns. Before there were bridges at Bath, there was a river ferry here. Many of these exceptional homes predate Maine's statehood (1820) and several predate the American Revolution.

Proceed along Route 128 (River Road) four miles to Chops Point Road. The Chops marks the spot where all of Merrymeeting Bay's fresh, tidal waters head to the sea. This river below the Chops used to be called the Sagadahoc River.

If you drive (left) out the unpaved Chops Point Road to the school/camp, you will get an idea of the power the Kennebec can produce. At this intersection, notice the saltbox-style home in front of you. It is said poet-author Robert P.T. Coffin lived here and wrote a history of the Kennebec. This is also the site of a Nature Conservancy wildflower refuge (with paths), named to honor Coffin.

The next several miles will take you parallel to the bay on your left. Watch for a number of great lookouts. The island in the bay is Swan Island, now a state

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--	--

Questions? info@youth-theater.org

## SIDE TRIP

From Page 10

Game Management Area. Swan Island was once a ferry-served agricultural township called Perkins, and home to more than a dozen great ice houses. Your best view of the island comes as you sweep down a long hill to the Eastern River in Dresden. Notice the huge stone breakwater, installed when the Kennebec was a major transportation route into interior Maine.

After the Eastern River you'll see the exceptional farmlands of Dresden, where the Goransons, Pops and other farmers raise everything from strawberries to potatoes to pumpkins.

Proceed along 128 to its intersection with Route 197, where you need to turn left toward Richmond. (If you stay on 128, straight ahead, just another mile you'll be treated to a delightful view of the old Pownalborough Courthouse.)

As you cross the Kennebec again on the new soaring cement Richmond Bridge, remember that the old span below and to your left was ripped from its bases in the 1936 floods, and sections of the bridge "floated" downstream to the village of Richmond. Ice will never jam against this new bridge!

At Richmond, travel along Fort Street and Route 24. Richmond is another of those Maine towns, filled with exceptional architecture from earlier centuries, and well-worth some additional exploration. Its old brick commercial center is quite outstanding for such a small town.

Down Route 24 just minutes from Richmond, you enter Bowdoinham. Several miles out, with the Kennebec again on your left, turn onto Pork Point Road. This area is also renowned for its fine soils and is now considered a great incubator for organic farmers. As you continue on, crossing the Abagadasset River, you'll have perhaps your best look at Merrymeeting Bay. Central Maine Power is just completing a renewal of lines through this area and the towers they used to span spinach fields are indeed impressive.

Proceed along Route 24 through Bowdoinham, past the Cannon and veterans park, turn the corner and cross over the railroad tracks and the Cathance River. The highlands beyond the village offer several more good looks at Merrymeeting Bay.

Past Bayview Cemetery on your right, take your next left onto Foreside Road. The Muddy River Bridge is at the foot of the hill. Cross this river and climb slowly onto the foreside, noticing the massive old Hildreth house on your right and the Pleasant Point Road on your left. If you really want to see the bay up close and personal, follow the Pleasant Point Road to its two mile dead end, and then return.

The Foreside Road ends in Topsham Village, and we'll leave you here to explore more or find your way back to Brunswick. Forty-five miles later, we hope you've had a memorable drive 'round the bay, and along the way, you've seen some of the best scenery, architecture and vistas our area has to offer.

# But there's always a hot dog

Yup, I walked right up to the window of Danny's mall-side delights and asked if they served hot dogs in gluten-free buns? Those McDonald boys can't intimidate me, I'm a combat vet!

Their mouth-dropping response came quick and furious. "Connors," offered Shawn, "you know you're a horse's --." Jeff was more business-like, he pulled down a bag of some two dozen buns, looked at it for maybe a quick second and announced, "nope, these all have gluten!"

You need to understand my reason for putting myself in harms way.

I'm a perennial, platinum plus user of Danny's dogs, and a guy who has always eaten anything and everything I want to eat, often in quantities that continue to amaze. My Jane is an amazing cook, and I can count my dietary dislikes on one hand, and the list of stuff I refuse to eat is an even shorter list.

But my little grand boy Silas has been a fussy eater since he stopped nursing. Now aged 4, there are just a few things he wants to eat, and he eats nothing with the energy and enthusiasm of his old buddy "Bumpy." He barely tolerates my applesauce!

After more than a year of frustration and false starts, the kids had little Silas tested and he came back positive for Celiac Disease. My first response was to wonder what that was, and how do we fix it.

An Internet search told me Celiac Disease is an auto-immune disorder that adversely affects the small intestine's ability to digest and absorb the foods we eat. Something called gluten can trigger a negative reaction in the small intestine that can damage, even kill, the tiny villi lining the intestine and lead to mal-

## Speaking Frankly

FRANK CONNORS



absorption, malnutrition and loss of function, or, written the way I understand it, weight loss, gas, bloating ... fatigue, failure to thrive and neurological complications.

Then I looked up gluten. "A general term for a protein found most commonly in grain such as wheat, rye and barley ... a protein that glues other ingredients together, creating texture."

"Yikes," thinks I, "that's a big one!" Then I think of my other, older grand boy, Jadon. At 8, he has some issues that his parents have blamed on gluten and sugar. He also is a very "selective" eater. I worry perhaps more than I should that his diet will not let him become everything he wants to be.

I'm just a simple guy from another century. Our own kids grew up in a house with far better than average food, stable diets, lots of fruits, veggies, everything.

That would be Jane again, she was/is just amazing about how we managed to eat.

So I look on in a certain amount of horror and disbelief, noting where our grand boys are now stationed with their dietary restrictions. How can this happen in only two generations?

I want to squarely blame the factory farmers who have standardized our

seeds, genetically modified our crops, "chemically" our meats and gassed our fruits and vegetables to make them capable of flying thousands of miles and existing for weeks, always looking fresh.

Sure, I'm impressed when I see raspberries in the supermarket in JANUARY, and sure, we buy them and we eat them. I realize that a loaf of bread only costs a couple or three dollars, mostly because wheats and other grains are super seeded, fertilized and managed to double yields per acre. I have no doubt that we have all pretty much lost control of our food supply.

Our little Zander -- third grand boy, 1 year old -- was eating tiny chunks of hot dog with me last week, and he inhaled that thing faster than I could. Will he have to deal with the limitations of Celiac?

I can only hope that answer is no. "NO!" What I see as sad is how much power we've lost as consumers in the ways we have available to us to deal with these issues.

Back to the mall food for a second. I went over to Dave's cart, "Wrappers" the other day (you should know he has a wonderful hot dog, too) and questioned him about the possibility of a gluten-free wrapper. He just chuckled at me and said he'd have to give me the "stuffing" in a bowl!

His wife Theresa came round the corner, hefting a huge sack of fresh hot dogs. "No gluten in these," she announced.

Eggsie was a people already crossing a line where dietary considerations and limitations, along with asthma, and other respiratory limitations start to regulate what our grandchildren can become?

Really?

## New or renewing members for April

New or renewing members - April  
\*Indicates new Member  
\* Indicates donation made with membership

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# Students' show is spring feature

Students in art instructor Connie Bailey's art classes are being featured through May and June in the Union Street Art Gallery of People Plus.

This perennial multi-media show features more than two-dozen new and original works and is the first of the season for Bailey's Tuesday and Thursday morning classes.

Mixed-media includes watercolor, watercolor pencil, graphite and charcoal, colored pencil, pen and ink, pastels and scratchboard.

It is Bailey's "plan" to expose her students to each of these media during a normal season of classes.

Students invited to exhibit include: Beth Aldenberg, Lorraine Berte, Sandra Cox, Karen Guistra, Pat Hix, Richard Jordan, Judy Krok, Richard Nickerson, Valerie Robbins, Gail Rieudeau, Ann Sanfatan, Wilma



"Puffin," colored pencil by Val Robbins, above, and "Blue Heron," colored pencil by Al Tyrol, are featured in the exhibit.

Sarna, Francis Stone, Ann Thomas and Al Tyrol.

These collected works can be seen during normal business hours at the People Plus Center, 35 Union St., Brunswick.



'Blue Heron'

Alfred Tyrol 4/21/15

## 2nd annual Bobcat 5K to support Stowe School

The second annual Bobcat 5K and 1 Mile Family Fun Run/Walk, sponsored by Goodwin Chevrolet-Mazda, will take place on Saturday, May 16. The in-town race will wind through neighborhoods around the Harriet Beecher Stowe Elementary School, where the race starts and ends. It's a great, local, flat course for running or walking.

The event starts at the school's front door, 44 McKean St., at 8:30 a.m. for the 1 mile course, and 9 a.m. for the 5K. (Walkers and strollers welcome).

Pre-registration is \$8 for the 1 mile and \$20 for the 5K. (Prices increase for

same-day registration). Sign-up forms can be picked up at People Plus, or you can visit [www.runinarace.com/bobcat/index.html](http://www.runinarace.com/bobcat/index.html).

For more information, email [hbsbocat5k@gmail.com](mailto:hbsbocat5k@gmail.com).

Proceeds benefit the Stowe Community Group, the parent organization for HBS Elementary, and are used to enhance the children's education and experience at the school.

Among other things, the funds raised will pay for field trips, school community events, and help provide much needed snacks for kids.

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**Simple Alterations** on clothing or household items. Call our "Craft Ladies" at 729-0757.

**Book/Yard sale.** Neat stuff, books from a "collector." Saturdays only, May 2, 9, 16, 23. 10 a.m.-2 p.m. At the Stetson block, 18 Cumberland St., Brunswick, call 725-4833.

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